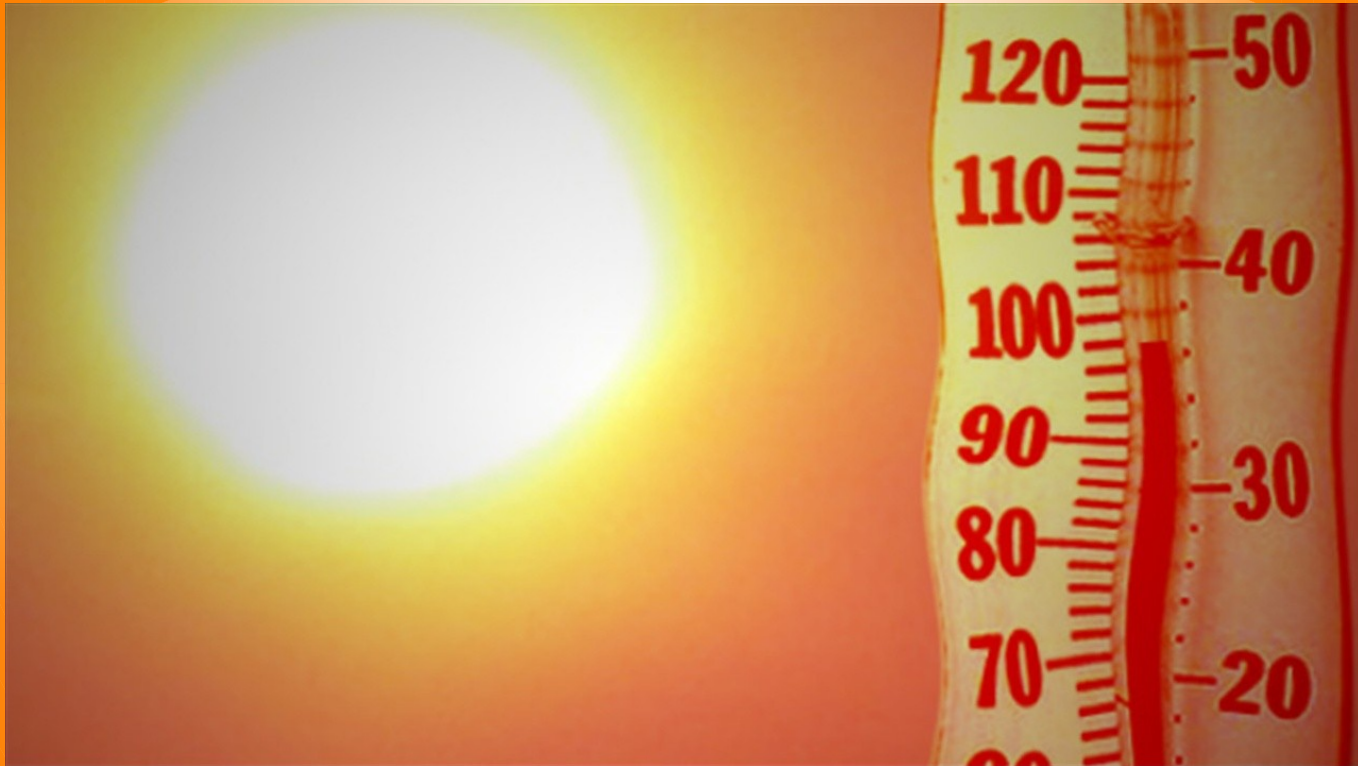


Summer Safety Brief 2015



MCICOM Safety

***Topics of Discussion**

- *Summer Driving Safety
- *Heat Exposure
- *Vehicle Temperature
- *Water Safety
- *Pet Safety



***Dangers of Summer Driving**

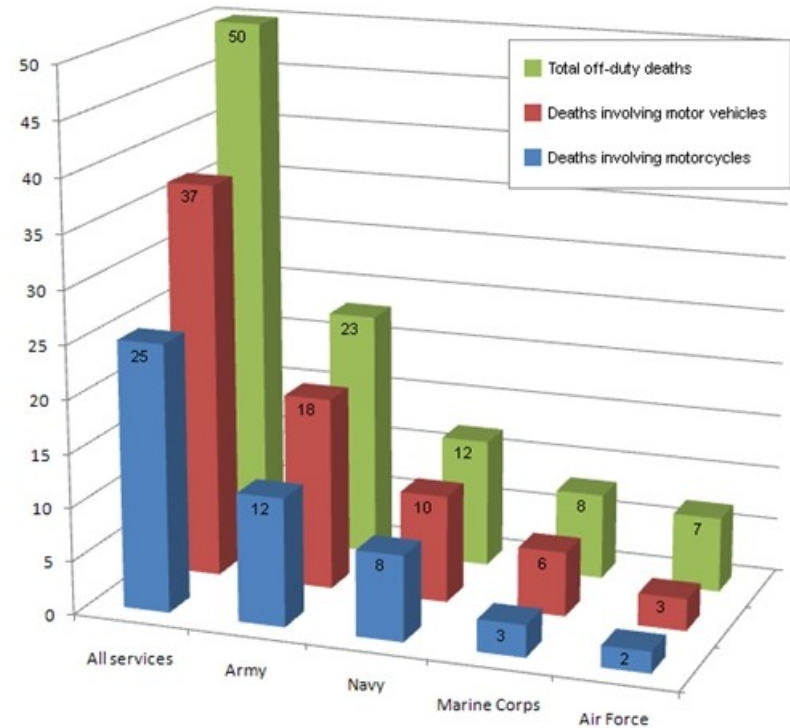
***More teens on the road**

***Drivers on vacation add to road congestion**

***More motorcycles on the road**

***Drunk driving fatalities increase in summer months by 20 percent.**

Off-duty Deaths in the First 101 Days of Summer



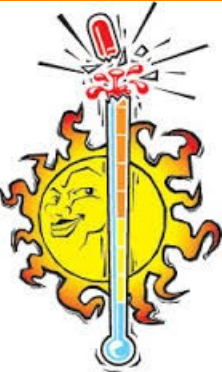
100 Deadliest Days

***May 27th marks day 1 of the “100 Deadliest Days” for teenage drivers.**



HOT WEATHER SAFETY

- **STAY OUT OF DIRECT SUNLIGHT**
 - **DRINK PLENTY OF WATER**
- **WEAR LIGHT-COLORED CLOTHING**
- **AVOID STRENUOUS ACTIVITY**
- **KEEP COOL: GO TO PLACES WITH
CONDITIONED/REFRIGERATED AIR**



*Signs of Heatstroke

*High body temperature. 104 F or above

*Altered mental state or behavior

*Alteration in sweating

*Nausea and vomiting

*Flushed skin

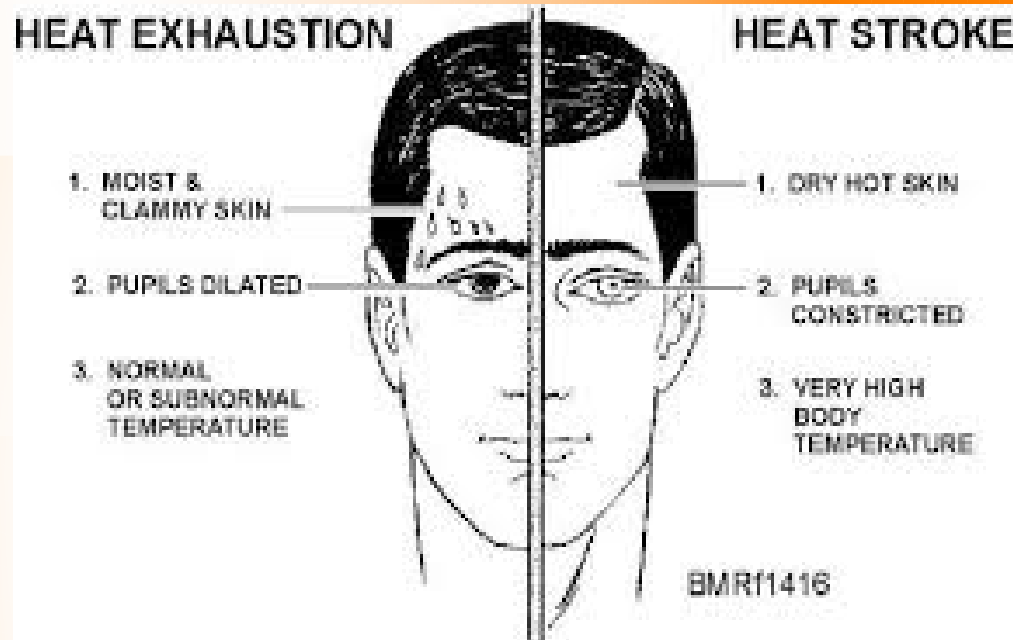
*Rapid breathing

*Headache

*Racing heart rate

*Seek medical attention

Immediately



*Don't Forget Your Sunscreen

*SPF 30 or higher is recommended

*Water Resistant works for 40 to 80 minutes of water exposure.

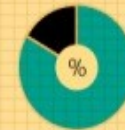
sun, summer safety and **cancer**

As we reach the peak season of the summer sun, wisdom suggests that we pay greater attention to protecting our skin. Yet, there are questions about the best way to do this. Should we avoid the sun? Is all sun exposure bad for us? Are all sunscreens created equal? Does clothing afford any protection?

Statistics



1 in 5
Americans will develop skin cancer in the course of their lifetime



75%
Percent of skin cancer deaths are from melanoma, one of the less common types of skin cancer



5%
Of all cancers in men are melanomas; **4%** percent of all cancers in women are melanomas.

Lifetime UV Exposure

In the United States, based on a 78-year lifespan



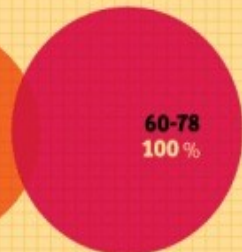
1-18
22.7 %



19-40
46.5 %



41-59
73.7 %



60-78
100 %

*Vehicle Temperature

- One child dies every 8 days from vehicular heat stroke.
- ALWAYS check the backseat for children and pets.
- NEVER leave a child or pet in the car unattended.
- **Rolling down your windows DOES NOT change the temps inside your car!**



Children Who Were Left Behind..



Curtis & Virginia
1/2005 to 6/2009
1/2004 to 6/2009



Nathan &
Jasmine
August 20, 2008



Kaitlyn
2/8/2000 to
8/15/2000

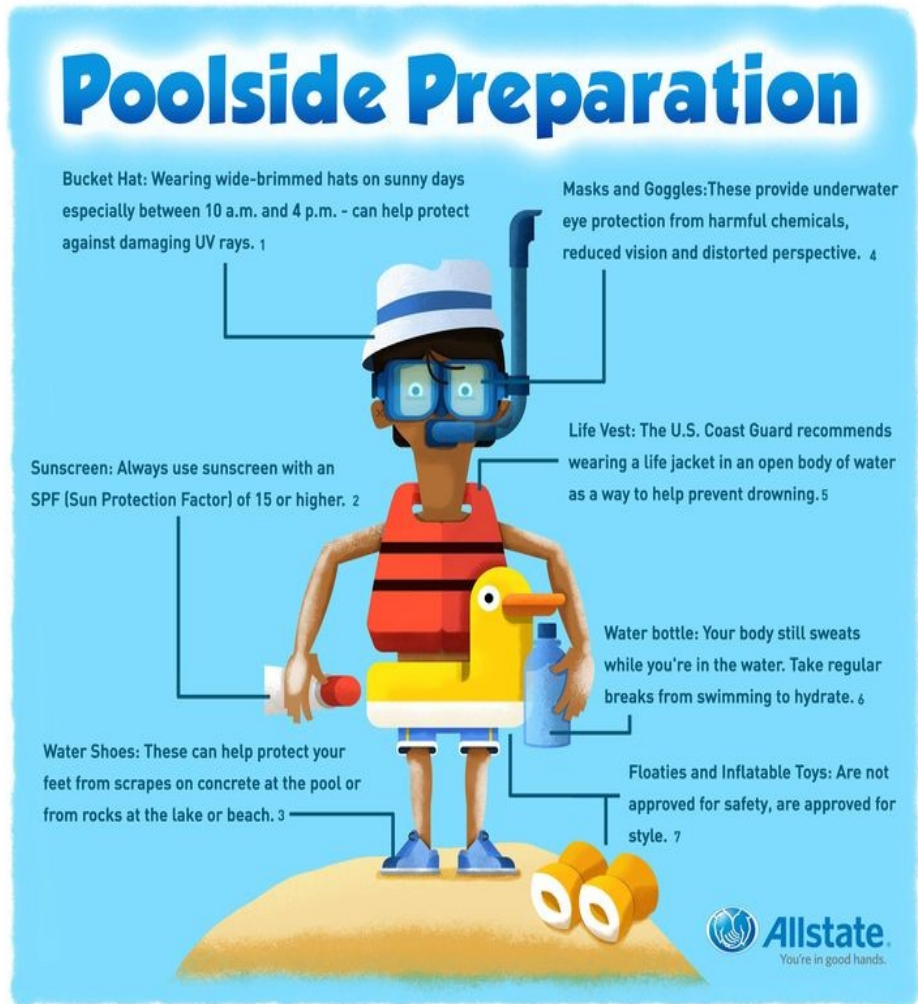


Kate
1/30/2006 to 6-
28/2006

On average, 38 children die in hot cars each year from heat-related deaths after being trapped inside motor vehicles. Even the best of parents or caregivers can unknowingly leave a sleeping baby in a car; and the end result can be injury and death.

*Water Safety

- **Avoid alcohol use. Alcohol impairs judgment, balance and coordination; affects swimming.**
- **NEVER leave a young child unattended near water.**
- **Swim in designated areas supervised by lifeguards.**



1. http://www.cdc.gov/cancer/skin/basic_info/prevention.html, 2. http://www.cdc.gov/cancer/skin/basic_info/prevention.html 3. <http://kidshealth.org/kid/watch/out/swim.html>

4. <http://www.webmd.com/fitness-exercise/guide/get-into-swimming> 5. <http://www.cdc.gov/homeandrecreationalafety/water-safety/waterinjuries-factsheet.html>

6. <http://www.webmd.com/fitness-exercise/guide/get-into-swimming> 7. <http://www.parents.com/baby/safety/outdoor/keeping-kids-safe-near-water/>

*Pet's & Summer Heat

- Taking care of your pet in the summer is the same as caring for a human. If it's too hot for you, it is too hot for your pets.
- Watch the humidity, if it is too high, pets have a harder time cooling themselves down.
- If you believe your pet has had a heatstroke or is showing signs, contact your vet for immediate

DOG BREEDS THAT ARE AT HIGH RISK OF OVER HEATING



Summer is Upon Us..



Brought to you by MCICOM Safety

"For Safety is not a gadget but a state of mind" by Eleanor Everet